NOVEMBER 2026 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pickleball:1-3pm (back court until 3:30pm)	3 Chair Volleyball 12-1:30pm	4 Pickleball:1-3pm (back court until 3:30pm) MATT'S MEMOIR WORKSHOP 12:10PM	5 ADVANCED Pickleball: 1-3:30pm Mah Johng: 10am-12pm in MGR	6 Pickleball: 1-3pm (back court until 3:30pm) Sew Much More : 12-1pm in Lobby
9 Pickleball:1-3pm (back court until 3:30pm) UH GEAUGA MEDICAL CENTER BLOOD PRESSURES IN LOBBY 10-12PM	10 Chair Volleyball 12-1:30pm	11 Pickleball:1-3pm (back court until 3:30pm) HAPPY VETERANS DAY: Cookies, Coffee and Tea in Lobby	12 ADVANCED Pickleball: 1-3:30pm Mah Johng: 10am-12pm in MGR	13 Pickleball:1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
16 Pickleball:1-3pm (back court until 3:30pm) Confidence After A Fall Presentation 12pm MPR	17 Chair Volleyball 12-1:30pm	18 Pickleball:1-3pm (back court until 3:30pm) MATT'S MEMOIR WORKSHOP 12:10PM	19 ADVANCED Pickleball: 1-3:30pm (back court only) FRIENDSGIVING 11:30 in the MPR	20 Pickleball:1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
23 Pickleball:1-3pm (back court until 3:30pm)	24 Chair Volleyball 12-1:30pm	25 Pickleball:1-3pm (back court until 3:30pm)	26 THE GEAUGA YMCA IS CLOSED TODAY 	27 Pickleball:1-3pm (back court until 3:30pm) Sew Much More: 12-1pm in Lobby
30 Pickleball:1-3pm (back court until 3:30pm) BOOK CLUB MTG 12pm MPR				

GEAUGA FAMILY YMCA
ACTIVE OLDER ADULTS (AOA) NEWSLETTER
NOVEMBER 2026

Geauga Family YMCA | 12460 Bass Lake Rd, Chardon, OH 44024 | 440-285-7543
Contact Active Older Adult Coordinator: Diane Gorom, dgorom@clevelandymca.org



4th Annual "FRIENDS"giving Dinner

Thursday, Nov 19th

at 11:30am in the MPR

Cost:$20/person



Friendsgiving is the celebration of Thanksgiving with our Y friends. Bring a friend or come and meet new ones! This dinner will be catered by Food For Thought and will include Chicken Marsala, an Apple Romaine Salad, Sweet Potatoes, Green Beans, Pasta Salad, Rolls, Beverage and Pie. Cost for the meal will be collected at time of registration. Please join us! The 11am class in the Gym will be **CANCELLED** on this day so everyone can enjoy. PLEASE NOTE: Final numbers need to be given to Food For Thought by Nov 13th so don't wait to sign up. You don't want to miss the holiday fun and great food. Any left-overs go home with you...

GEAUGA YMCA
ARTISAN & CRAFT FAIR

Saturday, Nov 14th

10am-3pm in the Gym

Free Admission



The Geauga YMCA Craft Fair is back this year! We have numerous vendors who are excited to show you their Fall and Holiday items such as jewelry, crocheted items, baked goods, woodcraft, wreaths, art, soaps and so much more. We can still accept new vendors so if you are interested, contact Lisa Chorba, Membership Director, at LChorba@clevelandymca.org with questions.



Veterans Day Celebration

Wednesday, Nov 11th

Cookies, Coffee & Tea in the Lobby



We want to celebrate veterans at the Geauga YMCA! On Wednesday, November 11th, we will have cookies, coffee and tea in the lobby. This is for all members. We also will have a Veteran's Wall Display. If you are a veteran, please take a minute to write your name on a WHITE scroll with the branch of service , where you were stationed and dataes served. For those who didn't serve but have a loved one who did, please fill out a BLUE scroll for them. We want too say thank you to all veterans for their service.



MARK YOUR CALENDARS! Dr. David Sheyn will be back to speak on Women's Pelvic Health on Friday, January 15th at 12pm. Dr. Sheyn is a Univ Hospitals Urogynecologist and is highly regarded in his field. More details to come.

AOA EXERCISE CLASSES AT THE Y

Monday	Tuesday	Wednesday	Thursday	Friday
Group Exercise Classes (Land)				
10:00am – 10:50am **SilverSneakers Yoga** Sue – Gym		10:00am – 10:50am **BOOM Muscle** Jay – Gym 10:00am – 10:50am **TAIJIFIT** Tim–MPR		
11:00am – 11:50am **Strength & Balance** Sue – Gym	11:00am – 11:50am **SilverSneakers Classic** Melanie – Gym	11:00am – 11:50am **SilverSneakers Circuit** Melanie – Gym	11:10am – 12:00pm **SilverSneakers Classic** JAY – Gym	11:00am – 11:50am **AOA Fitness & Strength** Melanie – Gym
		11:00am–11:50am **TAIJIFIT** Tim–MPR		
Aquatic Classes (Water)				
9:00am – 9:50am **Aquacise** Dee	9:00am – 9:50am **Water Volleyball**	9:00am – 9:50am **Water WILDCARD** Dee or Melanie	9:00am – 9:50am **Aquacise** Dee	9:00am – 9:50am **Water Volleyball**
10:00am – 10:50am **Aqua Jog** Dee	10:00am – 10:50am **Aqua Fit** Melanie		10:00am – 10:50am **Aqua Jog** Dee	
Evening Aquatic Classes (Water)				
7:00pm – 7:50pm **Aqua Zumba** Shelly	6:45pm – 7:35pm **Aqua Fit** Jan		6:45pm – 7:35pm **Aqua Fit** Jan	

AOA PICKLEBALL SCHEDULE:

Mondays: 1pm–3pm (3:30pm back courts only)
Tuesdays: None
Wednesdays: 1pm–3pm (3:30pm back courts only)
Thursdays: 1pm–3:30pm (Back 2 courts ONLY)
Fridays: 1pm–3pm (3:30 back courts only)

Cost to play: $8 per month or $2 drop-in fee
Cash/Credit Card accepted – NO COINS!

REGULAR PLAY on Mondays, Wednesdays, and Fridays

ADVANCED PLAY on Thursdays



Alertcare presents:

Confidence After a Fall:

What to Do and How to Get Up Safely

Monday, Nov 16th - 12pm in the MPR

Mark Your Calendar

Join us for an interactive program covering what to do after a fall, safe techniques for getting up from the floor, when to seek help, and how to develop a personal fall-response plan. The program includes demonstration videos, practical safety tips, a take-home reference guide, and a complimentary File of Life emergency information packet. Mark your calendars. This is an important one you won't want to miss. Even if you don't need this information now, you may someday and it's good to have it.



AOA INSTRUCTOR CHANGE: Because Kathy will be doing a considerable amount of traveling over the next many months, Jay will be teaching the **Silver Sneakers Classic Class on Thursdays at 11:10am.** Kathy will sub from time to time but Jay will be the regular weekly instructor. **PLEASE NOTE CLASS TIME BEGINS AT 11:10AM**

AOA Christmas Party

SAVE THE DATE: AOA Christmas Party: **Thursday, Dec 17th** at 12:00pm. Cost $5 with catering from Guidos. Side dishes and desserts are potluck. More details to come!

AOA BOOK CLUB

The Book Club November book is "The Most Wonderful Crime Of The Year" by Ally Carter . The meeting will be held on **Monday, Nov 30th** in the MPR. Please bring your lunch. All are welcome to join. There will not be a meeting in December due to the holidays.



The Geauga YMCA will once again host the American Red Cross

COMMUNITY BLOOD DRIVE

THURSDAY, NOVEMBER 12TH: 9am–2pm in the MPR

Go to www.redcrossblood.org and under "Find a Drive" enter geaugaymca.





The Geauga YMCA is CLOSED on Thanksgiving Day, Thursday, Nov 26th but will have regular hours on Black Friday, Nov 27th. The 11am with Melanie will be a little different on this Friday. It will be a Turkey Burn – AOA Style class. Pickleball will run on its normal schedule from 1:00–3:30pm.

MEET ED METZINGER

DIRECTOR OF AQUATICS



You may have noticed a new face around the Aquatics area lately. Introducing **Ed**, our new Aquatics Director.

Ed grew up in Canfield, Ohio, where he spent much of his childhood on his local swim team. At age 18, he enlisted in the U.S. Army and served as an Army Medic in West Germany for two years on active duty. He later spent eight years in the National Guard with a tank unit based in Stow, Ohio.

After deciding that the medical field was not the right fit, Ed pursued studies in Public Relations, Marketing, and Theatre. An internship with a company that organized private beauty pageants across the country led to a full-time career, eventually becoming Director of the Pageants. Following several years in that role and a few retail positions, Ed worked as a Transportation Supervisor for Schwabel's Baking Company. Most recently, Ed served as the Aquatics Director at a YMCA in Boardman, Ohio. He says he feels strongly about the YMCA's mission and is excited to continue serving the community through aquatics.

Ed is married to Laurie and he has two stepdaughters and two step-granddaughters. In his free time, he enjoys golfing, participating in community theatre, and hosting a podcast called *The Joy of Life Stories*, which also has a dedicated Facebook page.

One fun fact about Ed: he grows his beard each year beginning in August because he plays Santa during the holiday season. The beard stays until after Christmas, and according to Ed, we may not even recognize him come January! Welcome Ed!